

Latest News from Down Syndrome WA

Newsletter 30 June 2021



Welcome to our June e-newsletter edition! We hope this finds you and your loved ones keeping safe and well. This month, we are introducing a section to the newsletter dedicated to a member of staff and to kick things off, we would like to share information about not one, but *three* of our newest recruits with you.

We are all looking forward to the Gala Dinner! Although we are in the midst of a four-day lockdown, having something to look forward to can help us persevere and feel more positive. As many of you will know, the Gala Dinner is our most dazzling event of the year where our community unites to celebrate achievement. Please consider joining us for what is expected to be a most memorable night! Partners, friends, family members and other supports are all welcome to attend. Read on for more information.

Later in this edition, find an impressive PowerPoint presentation for our *My Voice My Health* project by one of our Health Ambassadors, Rachel, as well as an exciting employment opportunity for our members who love being creative in the kitchen! We also have some great fundraising results to share; a big shout-out to member Kaylee and her Mum Clarissa, who had a very large order to pick up and deliver (see photo above). As ever, there is much to read about our social programs accompanied by a collection of uplifting photos from recent events. Running out of at-home, play-based therapy ideas for your little one/s? We have the perfect idea to share with you in our Creative Corner.

We hope this edition warms your spirit on a cold Winter's day like today. Enjoy 😊

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Meet our Staff

A warm welcome to our newest recruits, Jibu, Valeri and Rachel. Please read on to find out more about each of these team members.



Jibu Mammen **Business Development Coordinator**

Jibu has over 25 years' experience in service management within Hospitality, Bank Credit and Charge Cards, HR Operations and Insurance Broking Support. Jibu is passionate about everyone having equal opportunity and supporting people with disability to have better quality of life. He has been associated with Down Syndrome WA as a parent since 2013. Jibu aims to bring his passion to life by connecting interested businesses with people with Down syndrome who are looking for employment.



Valeri Ong **Employment Pathway Coordinator**

Valeri has worked in the disability sector since 2019. She has experience working with individuals in schools, clinics, workplaces and in the community. As a Master of Teaching graduate, Valeri is passionate in delivering differentiated employment programs for individuals with a wide range of interests, needs and ability levels.



Rachel Slevac **Information Technology and Communications Officer**

Rachel started volunteering at DSWA in 2020. Rachel's previous experience is working in Information Technology (IT) for the government, including Health and Education. In January 2021, Rachel changed from being a volunteer to a staff member, working two days each week. Her current role involves helping DSWA staff with IT questions and issues, managing our member database and updating our website. Rachel ensures that members' contact information is up to date and sends out important emails to our growing community. *You've probably received an email from Rachel about our upcoming Gala Dinner!*

Welcome message from Margaret Lawlor



Four-day lockdown introduced for Perth and Peel regions

Perth and Peel have entered a minimum four-day lockdown from 12:01am, Tuesday 29 June 2021 until 12.01am, Saturday 3 July, 2021 after a third case of community transmitted coronavirus was recorded.

Please click the link below for details.

[Visit website](#)



Less than eight weeks until the DSWA Gala Dinner! Please see below for some updates:

- Volunteers will be at this event to support members with Down syndrome who will be attending on their own. If you are one of these members, please let Rachel know (if you haven't already) at rachel@downsyndromewa.org.au so that you can be assigned to a members-only table. Our volunteers will each be wearing a bright-coloured sash to be easily identifiable.
- Book a table of 10, or individual tickets.
- If you intend on reserving tickets or a table, payments need to be made within 5 days of reservations.

PLEASE NOTE! Ticket sales strictly close 21 July 2021.

Tickets are selling fast so get in quick! Booking and payment details on the flyer attached. Check out some of our glamorous photos taken at our last Gala in 2019!

Photos from the past - Gala 2019



We will share some more photos in the coming Gala updates next month!
Look out for them in your inbox.

What is happening at the Association?



Our office is being renovated! Thus, our staff will be working from home starting Monday 28th June until Friday 9th July inclusive and are contactable during their working hours.

For General Enquiries - office@downsyndromewa.org.au

Margaret (Executive Officer) - margaret@downsyndromewa.org.au

Nikki (Family Support Officer and Events) - nikki@downsyndromewa.org.au 0480 311 739

Elise (NDIS Manager) - elise@downsyndromewa.org.au 0480 263 107

Suzanna (Aim High Club, Getaways, and Volunteer Coordinator)

- aimhigh@downsyndromewa.org.au 0422 795 160

Claire (FriendS for Life Coordinator) - friendsforlife@downsyndromewa.org.au

Valeri (Employment Pathway Coordinator) - valeri@downsyndromewa.org.au 0480 263 693

Jibu (Business Development Coordinator) - jibu@downsyndromewa.org.au 0480 394 544

Rachel (Information Technology and Communications Officer) - rachel@downsyndromewa.org.au

My Voice My Health project

My Voice My Health was co-designed by our Health Ambassadors who are presenting to health care services and professionals. Each Ambassador has customised their PowerPoint to how they would like to be treated by a health care service. Well done to Brooke Canham, Andrew Domahidy, Naomi Lake, Rachel Parker and Jessica Toster for all your efforts out in our community. Amazing job!

See Rachel Parker's presentation below.

My Voice My Health

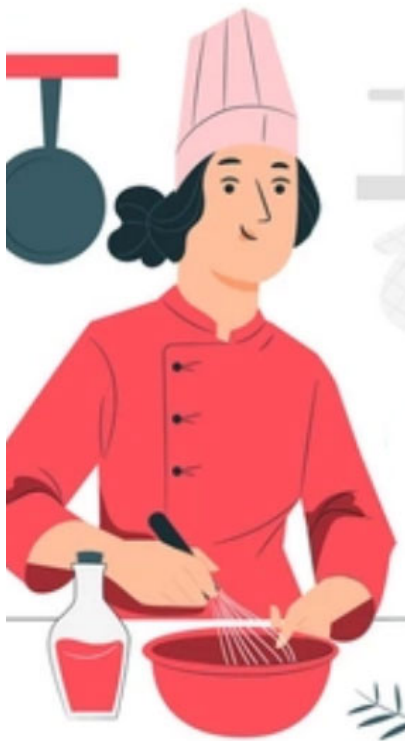
What you need to know, when I arrive at your health care service.

Proudly funded by:



Government of Western Australia
Department of Communities

[Download PDF presentation](#)



Employment Opportunity

DO YOU LOVE TO COOK?

Seeking Expressions of Interest:

Nulsen Group are looking to establish an employment opportunity for people with disability to work in a commercial kitchen producing meals for a food box delivery service called Dinner Twist.

As this opportunity and all its necessary elements are still being developed, they are planning to run a test kitchen. Nulsen Group is seeking 5-10 people who may be interested in participating in this (paid) test kitchen opportunity. Pending the outcome of the test and ability to implement the opportunity, this could result in long-term employment.

Are you interested in cooking and potentially making it into a career?

Please contact our Business Development Coordinator, Jibu Mammen at jibu@downsyndromewa.org.au



Fundraising

Apple Fundraiser

Our recent Apple Fundraiser was a success, given that it was the first time we tried this type of fundraiser. Thank you to everyone who placed an order with us. **Over \$500 was raised**, which will be used toward replenishing staff business cards and brochures for the Association. If you would like to top up your apple supply, you can find Pau from Canning Orchard at the Mount Claremont Farmers' Market every Saturday morning between 7:30am and 11:30am.

If you would like to top up your delicious apple supply, you can find Pau from 'Canning Orchard' at the Mt Claremont markets on a Saturday morning.



Photo: DSWA's staff (and husband) volunteering their early Saturday morning to bag the apples.

Fundraiser by Member Natalie D'Abrew and Scott Yelland from WA Cellar Door Doubleview

Natalie designed the unique labels featuring iconic Australian animals, with \$2.50 from each bottle sold to be donated to DSWA. The end total of the fundraiser was an **amazing \$2000**.

Thank you so much to Natalie and Scott. 😊

<https://www.facebook.com/WACellarDoorDoubleview>



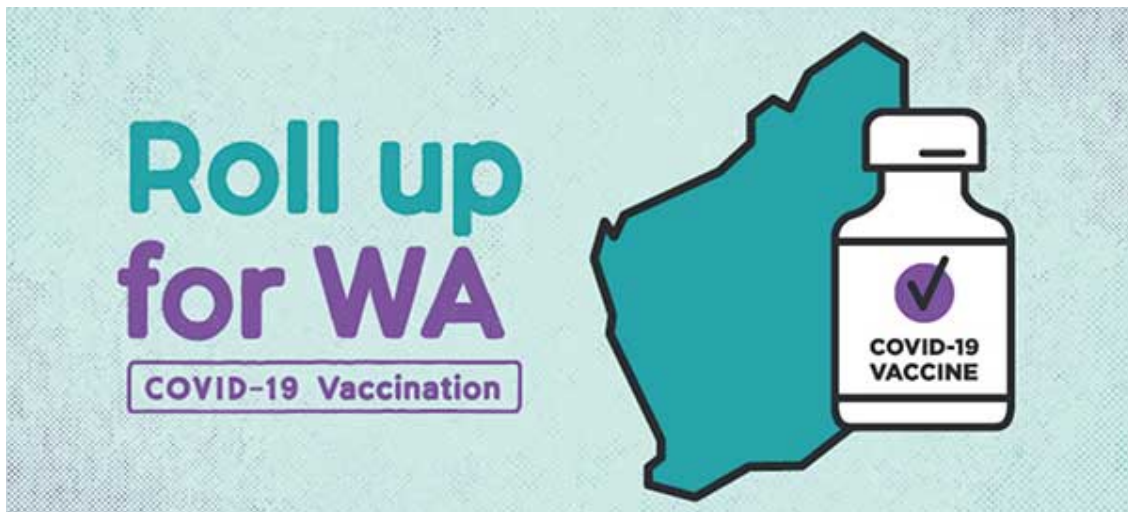


Save the date for

Step UP!
for Down
syndrome

Sunday 24 October 2021

More details to come.



We have received enquiries about COVID-19 vaccination eligibility for individuals aged 16+ with Down syndrome and their carers. Please go to the following link where there is an eligibility checker and information on the roll out phases.

<https://covid-vaccine.healthdirect.gov.au/eligibility>

Further information: <https://rollup.wa.gov.au>

Alternatively, you can call the WA COVID-19 enquiries line on 6213 5700 or 13 COVID (13 26843) between 8am and 6pm, seven days a week to book an appointment.

Social Connection

DSWA Playgroups

Our playgroups are up and running again so if you have a child with Down syndrome aged 0-5, we would love for you to join us.



Perth Metro

Loftus Community Centre (corner of Loftus Street and Vincent Street). Fridays during the school term, 9.30am - 11.30am. We hope to see you there! Nikki and Tracy.



South Metro

Warnbro Community and Family Centre (1 Moreton Crescent, Warnbro). Mondays during the school term, 9.30am - 11.30am. We hope to see you there. Janette and Claudia.

KiDS Club

KiDS Club had an awesome afternoon at Capoeira CDO Perth with Lee and Mariana Coumbe! A one-hour session of super-charged fun challenging gross motor, coordination and balance with some musical fun thrown in too. The kids were so engaged the atmosphere in the room was

electric!

If you have a child aged 5-11 with Down syndrome and would love to network with other families while giving your children access to fun and exciting activities, please contact Janette at janette@downsyndrome.org.au for more information.



FrienDS for Life



If you have a child aged 11 to 17 with Down syndrome who you would love to have connect with other teens to form friendships, have fun and develop skills within the community, please contact Claire at friendsforlife@downsyndromewa.org.au 😊

Aim High Club

And just like that, we are already halfway through 2021! A heartfelt thanks to all our active members and supports who have made this year (so far) a fulfilling one. See what our group has been up to this past month below:

Laser Tag at Darklight Laser Games (Joondalup)



High Tea at Chinta Cafe (North Perth)



Pot Black and Dinner at The Moon (Northbridge)



The Aquarium of Western Australia Lunch and Tour (Hillarys)



[See more photos](#)

In July, we have another handful of exciting events lined up! These events include:

- Our second workshop with Music Rocks
- A pasta making class and lunch with Paul “Sal” Salmeri of Sal’s Pasta Deli
- A fun dance session hosted by Chisholm Dance Studio
- Meeting some of the guys from the AFL Umpires Association (AFLUA)... This one’s especially for all the AFL fans out there!

Want to find out more? It’s as easy as emailing me at aimhigh@downsyndromewa.org.au and requesting to join our mailing list, if you’re not already connected with us. 😊

Suzanna
(Coordinator)

Member Profiles

This month, I'd like to introduce you to Alana Giglia and Kenichi Gray!



[Read more](#)

We welcome new members year-round so please send me an email if you or someone you know might be interested to join. We offer two groups; one for 18- to 30-year olds and another for those above 30.

Suzanna (Coordinator)

DSA News



Lots of Socks Design Competition

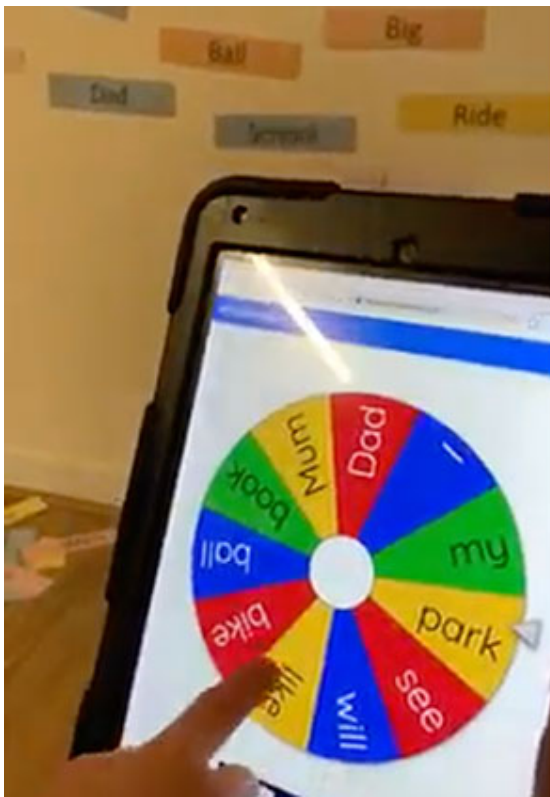
Do you have Down syndrome and a flair for art and design? You could be one of the artists we are looking for! Each year, we run the *Lots of Socks* campaign, established by Down Syndrome Queensland (DSQ), to celebrate World Down Syndrome Day (WDSD) and raise money for both DSQ and DSWA. This year, we want YOU involved in creating a design that will be used for 2022 and 2023.

Two designs will be selected (one per sock) and used to promote WDSD in Australia and the Lots of Socks campaign.

The theme is Australian... So get out there and start creating! Visit our website (link below) to submit your design by Saturday 31st of July!

[Read more](#)

Creative Corner



Here is a contribution from Bec Quigley, one of the members from our DSA community. I found this post in the *Inclusive Education for Australian Students with Down syndrome* Facebook group. Bec was happy to share this great idea of combining an interactive online resource with hands on therapy technique to help her son learn new words and gain fine motor skills. Hope you like this idea as much as we did! 😊

Check out the video:

<https://www.facebook.com/rebecca.quigley.90/videos/10222741533741482>

Try the spinning wheel tool:

<https://wheelofnames.com>

Good News

Inclusive Film

Everyone Can Work - Film 1 - Starting Early

It's never too early to start planning for open employment.

This short film is about things families of young people with intellectual disability can do when their children are still young that will help them get a start in open employment later in life.

<https://www.facebook.com/inclusionoz/videos/875530659706923>



*Stay well everyone and please contact us if you have any questions.
We are here to support, inform and connect our Down syndrome Community.*

If you know anyone who can benefit from this newsletter,
forward this email and ask them to subscribe. Thank you!

[Subscribe now](#)

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